

D244

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

weider®

RECOMMENDED WEIGHT SET - 215 LBS.

NN-1104

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA, 91367

D244

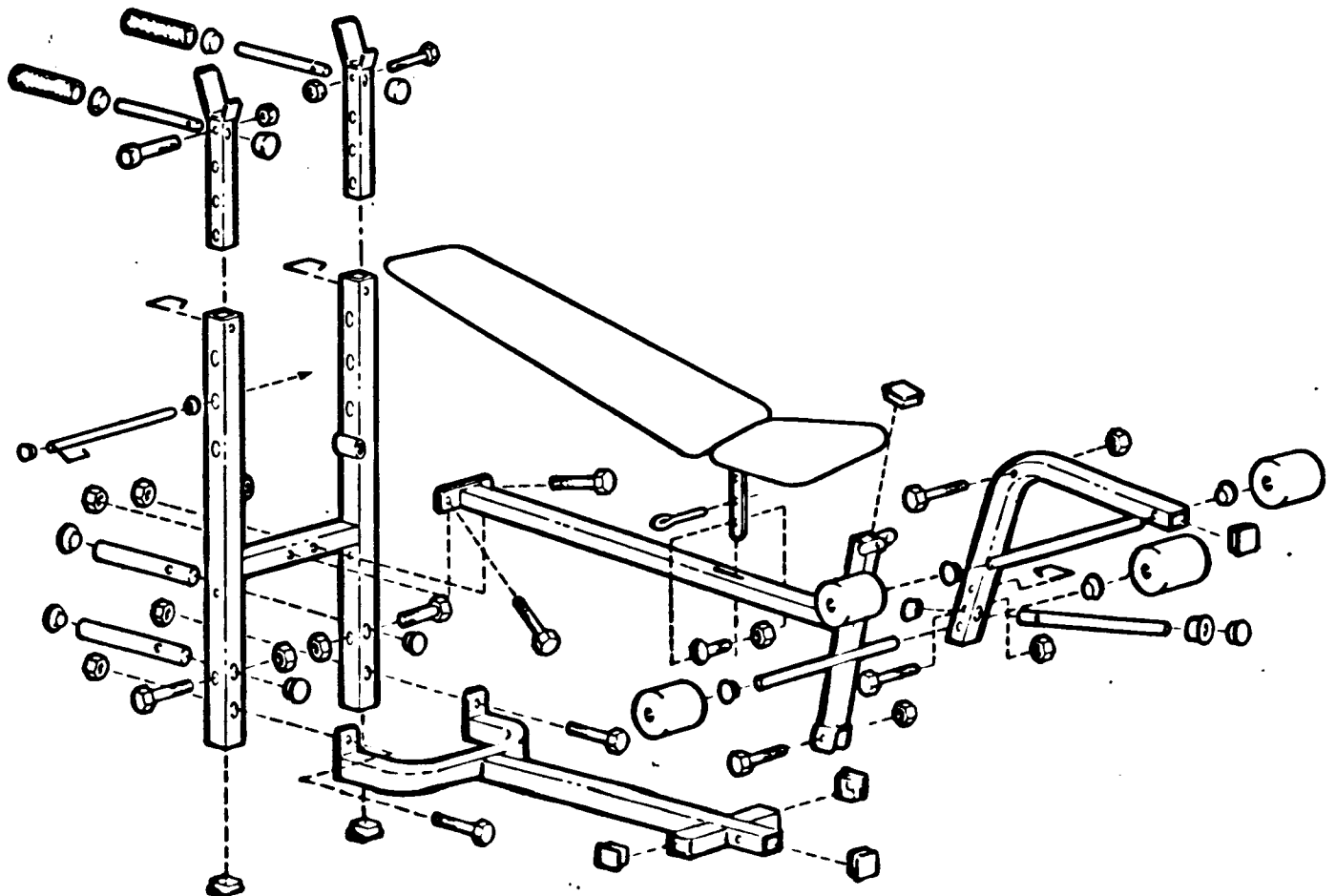
PARTS LIST

07-06-90

| DIAGRAM NO | PART NAME | QTY | ORDERING NO |
|------------|--|---------------|----------------------|
| 1 | UPRIGHT | 1 | C0260-C30 |
| 2 | WEIGHT STACK PIN 1"X 11" | 2 | C6221-C30 |
| 3 | BASE FRAME | 1 | C0157-D05 |
| 4 | MAIN FRAME | 1 | C0158-D05 |
| 5 | BACKREST | 1 | C0359-C04 |
| 6 | SEAT | 1 | C0360-C04 |
| 7 | LONG ANGLE IRON | 2 | C6126-C04 |
| 8 | SHORT ANGLE IRON | 2 | C6127-C04 |
| 9 | LEG CURL | 1 | C0152-D01 |
| 10 | WEIGHT PIN 1"X 13 3/4" | 1 | C0148-C15 |
| 11 | SEAT ADJ T | 1 | C6120-A25 |
| 12 | PAD BAR 3/4"X 12 1/2" | 2 | C6121-A25 |
| 13 | FOAM PAD | 6 | C0411-C04 |
| 14 | ADJUSTABLE UPRIGHT | 2 | C0249-C15 |
| 15 | BACKREST ADJ BAR | 1 | C6054-A06 |
| 16 | RIGHT BUTTERFLY | 1 | C6156-C14 |
| 17 | LEFT BUTTERFLY | 1 | C6158-C14 |
| 18 | WEIGHT PIN 1"X 10 1/2" | 2 | C6230-D02 |
| 19 | BUTTERFLY PAD BAR 3/4"X 9" | 2 | C6157-C14 |
| 20 | DIP BAR <i>Size 1/2 ft center hole 6 3/4" long</i> | 2 | C0262-C15 |
| 21 | FOAM GRIP | 2 | C0417-B05 |
| | HARDWARE BAG (NUTS & BOLTS) | 1 <i>5818</i> | <i>C19</i> CD24-5843 |
| | HARDWARE BAG (PLASTICS) | 1 <i>Add</i> | CD24-5844 |
| A | 5/16"-18 X 2 1/2" HEX HEAD BOLT | 2 | HH-5053 |
| B | 5/16"-18 LOCK NUT | 12 | HH-5012 |
| C | 5/16"-18 X 2" HEX HEAD BOLT | 5 | HH-5054 |
| D | 1/4"-20 X 1 3/4" MACHINE SCREW | 2 | HH-5255 |
| E | 3/8"-16 X 2 1/2" HEX HEAD BOLT | 1 | HH-5018 |
| F | 3/8"-16 LOCK NUT | 1 | HH-5013 |
| G | 1/4"-20 X 3/4" MACHINE SCREW | 1 | HH-5022 |
| H | 1/4"-20 LOCK NUT | 3 | HH-5011 |
| J | 1/4"-20 X 3/4" HEX HEAD BOLT | 8 | HH-5032 |
| K | 5/16"-18 X 2 1/4" HEX HEAD BOLT | 2 | HH-5199 |
| L | 5/16"-18 X 1 3/4" HEX HEAD BOLT | 3 | HH-5301 |
| M | 1" ROUND PLASTIC COVER CAP | 2 | AA-8093 |
| N | 1 1/2" SQUARE PLASTIC CAP | 7 | AA-8001 |
| P | 2" SQUARE PLASTIC CAP | 2 | AA-8002 |
| R | 3/4" ROUND PLASTIC CAP | 6 | AA-8004 |
| S | 1" ROUND PLASTIC CAP | 9 | AA-8005 |
| T | 1" ROUND PLASTIC COVER CAP - 15 | 1 | AA-8070 |
| U | 7/8" ROUND PLASTIC CAP | 2 | AA-8088 |
| V | PLASTIC SLEEVE | 2 | AA-8091 |
| W | PLASTIC BUSHING | 3 | AA-8112 |
| X | LOCKING PIN (LARGE) | 1 | WW-7004 |

HH 5251
HH 5252
2
+
WW 7030
2

| DIAGRAM NO | PART NAME | QTY | ORDERING NO |
|------------|---------------------|-----|-------------|
| Y | LOCKING PIN (SMALL) | 2 | WW-7002 |
| Z | EYELET PIN | 1 | WW-7005 |
| AA | STOPPER PIN | 2 | WW-7038 |
| | UPRIGHT DECAL | 2 | DE-4079 |
| | INSTRUCTION MANUAL | 1 | CNN-1104 |
| | EXERCISE CHART | 1 | NN-1080 |
| | | | |
| | | | |

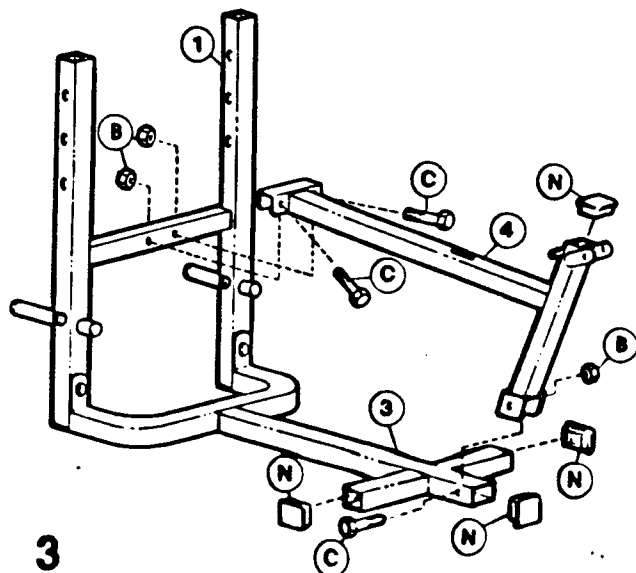
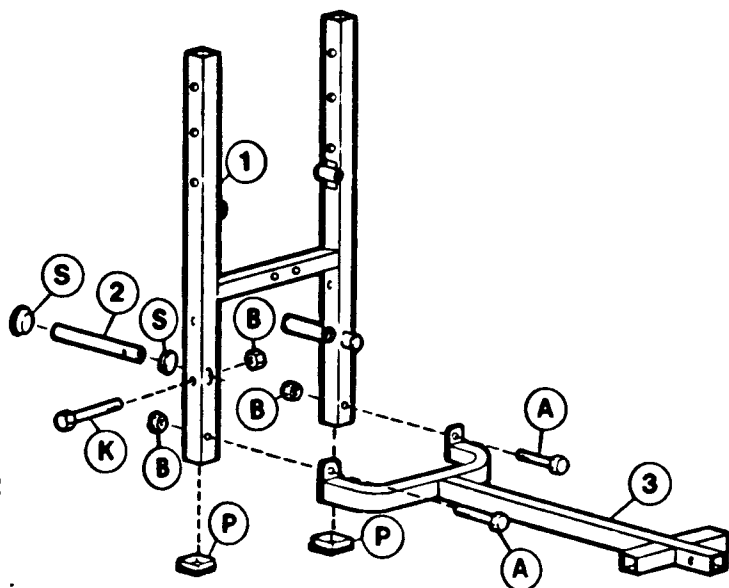


BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 8" ADJUSTABLE WRENCHES.

STEP 1 FRAME ASSEMBLY

Lay out **BASE FRAME (3)**. Align bolt holes of **UPRIGHT (1)** with bolt holes on **BASE FRAME (3)**. Secure with **5/16" x 2 1/2" HEX BOLTS (A)** and **5/16" LOCK NUTS (B)**. Insert **2" SQUARE PLASTIC CAPS (P)** into bottom end of each side of **UPRIGHT (1)**. Press **1" ROUND PLASTIC CAPS (S)** into each end of **WEIGHT STACK PINS (2)**. Slide **WEIGHT STACK PINS (2)** through large lower holes in **UPRIGHT (1)** aligning bolt holes. Secure each with **5/16" X 2 1/4" HEX BOLT (K)** and **5/16" LOCK NUT (B)**.



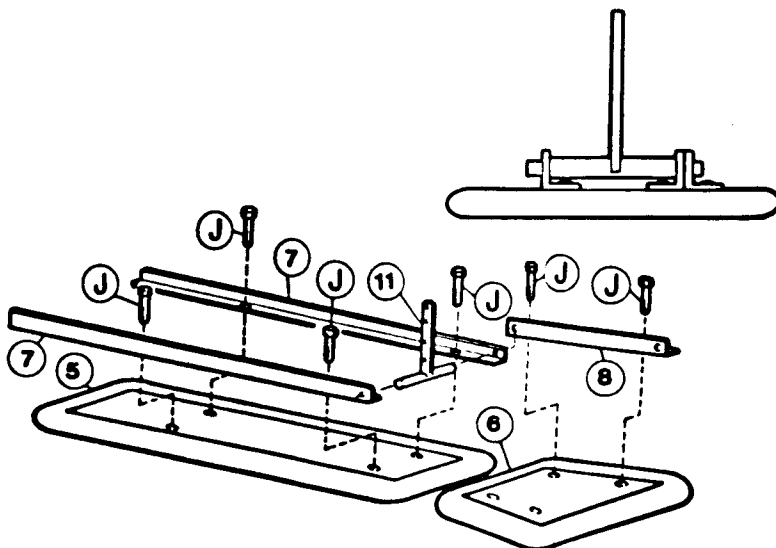
STEP 2 MAIN FRAME ASSEMBLY

Position **MAIN FRAME (4)** as shown. Align bolt hole of front u-bracket of **MAIN FRAME (4)** with **BASE FRAME (3)** while aligning holes of rear bracket of **MAIN FRAME (4)** to cross member of **UPRIGHT (1)**. Secure each bracket with **5/16" X 2" HEX BOLTS (C)** and **5/16" LOCK NUTS (B)**. **TIGHTEN ALL BOLTS!** Press **1 1/2" SQUARE PLASTIC CAPS (N)** into **BASE FRAME (3)**.

STEP 3 BACKREST AND SEAT ASSEMBLY

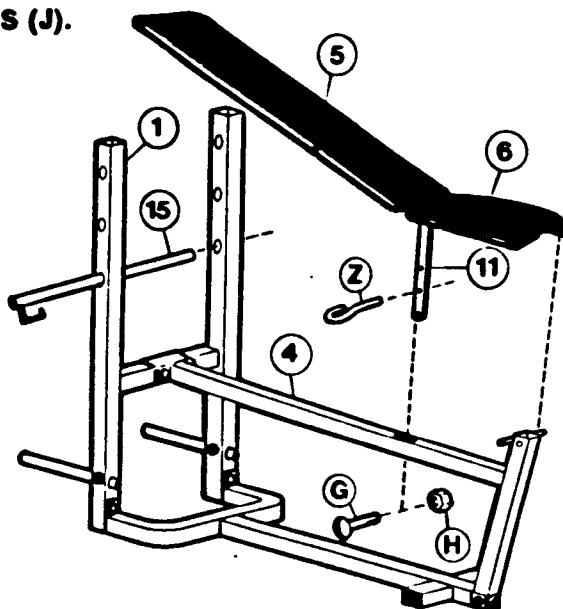
BACKREST: Turn **BACKREST (5)** over. The **LONG ANGLE IRONS (7)** will be assembled first. Position only one **LONG ANGLE IRON (7)** on the Backrest aligning the holes. **IMPORTANT: THE FLAT SIDE OF THE LONG ANGLE IRONS MUST FACE TO THE OUTSIDE OF THE PAD. SEE DETAIL DRAWING!** Secure **LONG ANGLE IRON (7)** with two $\frac{1}{4}" \times \frac{3}{4}"$ **HEX BOLTS (J)**. The end of the **BACKREST (5)** where **LONG ANGLE IRON (7)** extends over is the bottom end of the pad. This is where **SEAT ADJ T (11)** is placed. Insert one end of the pivot rod of **SEAT ADJ T (11)** into the hole at the end of **LONG ANGLE IRON (7)** and position the other **LONG ANGLE IRON (7)** over opposite end of the pivot rod and align **LONG ANGLE IRON (7)** with the threaded holes on **BACKREST (5)**. Secure with two $\frac{1}{4}" \times \frac{3}{4}"$ **HEX BOLTS (J)**.

SEAT: First align the narrow part of **SEAT (6)** with the bottom of **BACKREST (5)**. This time the flat side of **SHORT ANGLE IRONS (8)** will face to the inside of the pad. Attach only one **SHORT ANGLE IRON (8)** at this time. Slide the hole of **SHORT ANGLE IRON (8)** over the pivot rod of **SEAT ADJ T (11)** pushing the flat side of the **SHORT ANGLE IRON (8)** against the flat side of **LONG ANGLE IRON (7)**. Align holes of **SHORT ANGLE IRON (8)** with holes in **SEAT (6)** and secure with $\frac{1}{4}" \times \frac{3}{4}"$ **HEX BOLTS (J)**.



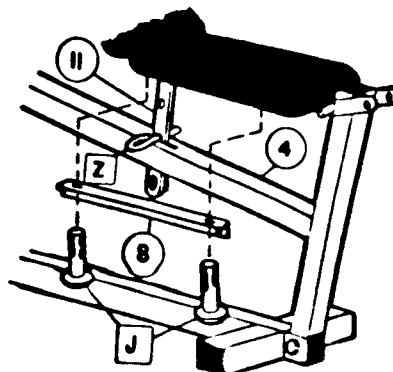
STEP 4 ATTACH BACKREST & SEAT

To aid in this assembly, slide **BACKREST ADJ BAR (15)** into any of the hole patterns on the **UPRIGHT (1)**. Lower **BACKREST (5)** and **SEAT (6)** assembly to **MAIN FRAME (4)**. Slide attached **SHORT ANGLE IRON (8)** over Pivot Rod on **MAIN FRAME (4)** and place **SEAT ADJ T (11)** through slot in **MAIN FRAME (4)**. $\frac{1}{4}" \times \frac{3}{4}"$ **MACHINE SCREW (G)** and $\frac{1}{4}"$ **LOCK NUT (H)** are placed in the last hole of **SEAT ADJ T (11)** to prevent it from coming out when adjusting the Seat and Backrest height. **EYELET PIN (Z)** is used to adjust the height of the Backrest and Seat.



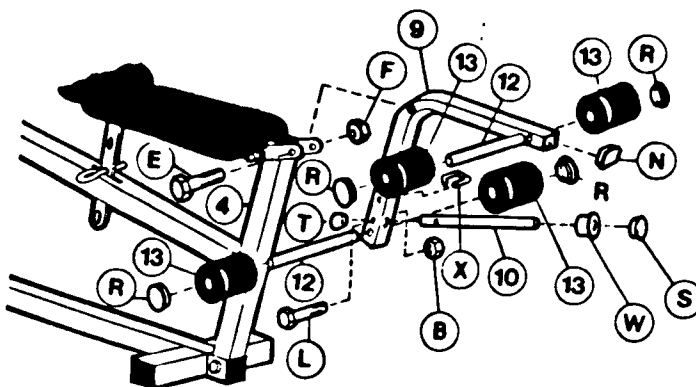
STEP 5 ATTACH SHORT ANGLE IRON

To aid in this assembly, **EYELET PIN (Z)** should be placed so that the highest possible position of the Seat is achieved. Slide **SHORT ANGLE IRON (8)** over the Pivot Rod on **MAIN FRAME (4)** and the Pivot Rod on **SEAT ADJ T (11)**. Secure with two $\frac{1}{4}" \times \frac{3}{4}"$ **HEX BOLTS (J)**.



STEP 6 LEG CURL ASSEMBLY

First, slide **WEIGHT PIN (10)** through angled hole on the front of **LEG CURL (9)**. Align bolt holes and secure with **5/16" X 1 3/4" HEX BOLT (L)** and **5/16" LOCK NUT (B)**. Place **1" ROUND PLASTIC COVER CAP - 15 (T)** over rear extended portion of **WEIGHT PIN (10)**. Slide **PLASTIC BUSHING (W)** (flared side out) over **WEIGHT PIN (10)** until it is against the Leg Curl Frame. Insert **1" ROUND PLASTIC CAP (S)** into end of **WEIGHT PIN (10)**. Assemble **1 1/2" SQUARE PLASTIC CAP (N)** into end of **LEG CURL (9)**. Position **LEG CURL (9)** between leg curl brackets on **MAIN FRAME (4)**.

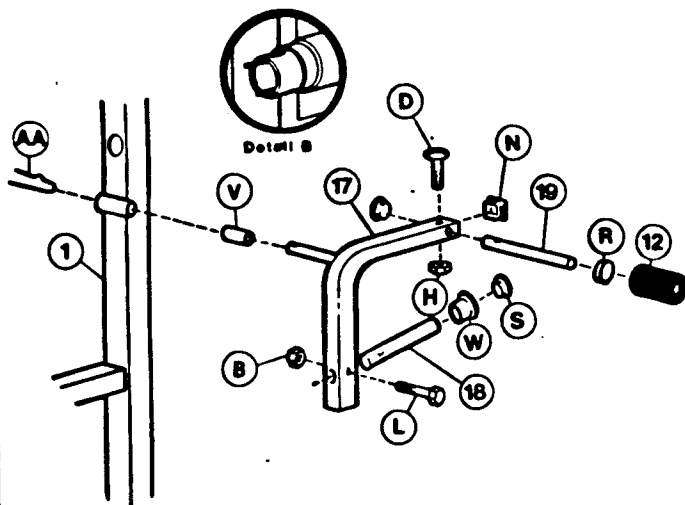


Secure with 3/8" X 2 1/2" HEX BOLT (E) and

3/8" LOCK NUT (F). DO NOT OVER TIGHTEN! Repeat the following instructions until all leg curl parts are in place. First, slide **PAD BAR (12)** through proper hole in **LEG CURL (9)** until equal amounts of bar are on both sides of **LEG CURL (9)**. (To help with the following step, a small amount of liquid dish detergent should be applied to both ends of **PAD BAR (12)**. This acts as a lubricant in assembling **FOAM PADS (13)** and also acts as an adhesive after it has dried.) Slide **FOAM PAD (13)** onto each end of **PAD BAR (12)**. Insert **3/4" ROUND PLASTIC CAP (R)** into each end of **PAD BAR (12)**. **LOCKING PIN (X)** is used to lock the Leg Curl to the Main Frame.

STEP 7 BUTTERFLY ATTACHMENT

There are two Butterfly attachments with this unit: a **RIGHT BUTTERFLY (16)** and a **LEFT BUTTERFLY (17)**. Instructions for assembly are given for one and are repeated to assemble the other.

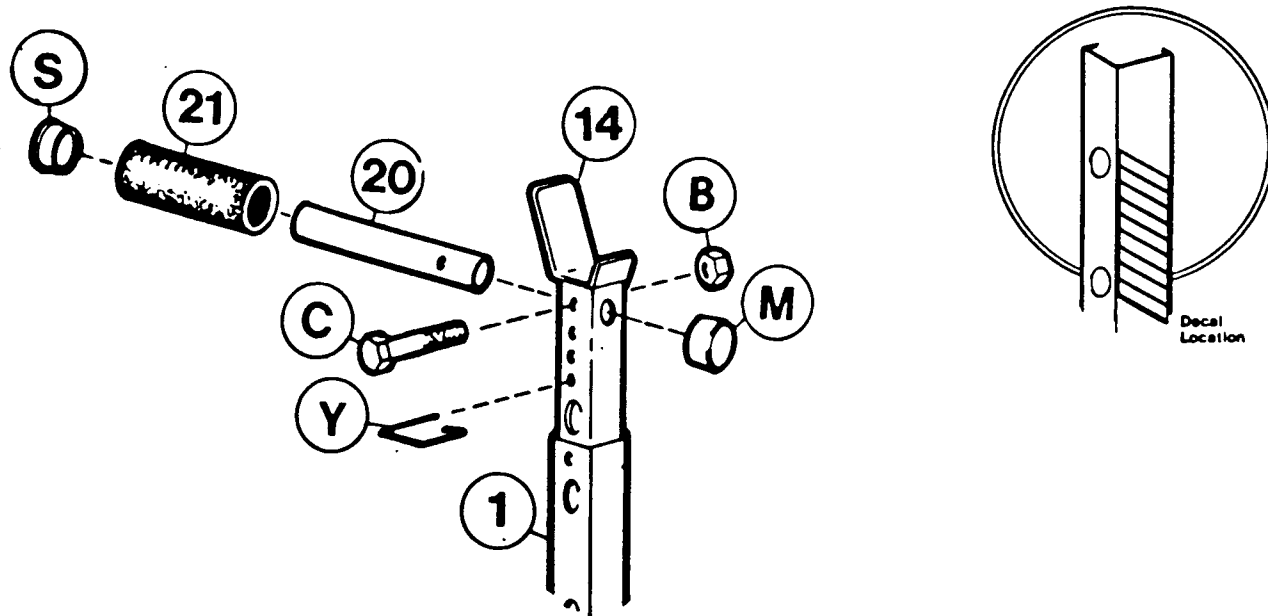


First, slide **BUTTERFLY PAD BAR (19)** through the large hole in the end of the Butterfly Frame aligning bolt holes. Secure with **1/4" X 1 3/4" MACHINE SCREW (D)** and **1/4" LOCK NUT (H)**. Insert **3/4" ROUND PLASTIC CAP (R)** into end of **BUTTERFLY PAD BAR (19)**. Slide **FOAM PAD (12)** over **BUTTERFLY PAD BAR (19)**. Assemble **WEIGHT PIN (18)** into angled hole on front of Butterfly

Frame. Align bolt holes and secure with **5/16" X 1 3/4" HEX HEAD BOLT (L)** and **5/16" LOCK NUT (B)**. Insert **1" ROUND PLASTIC CAP (S)** into end of **WEIGHT PIN (18)**. Slide **PLASTIC BUSHING (W)** over **WEIGHT PIN (18)** (flared side out) until it is against the Butterfly Frame. Insert **7/8" ROUND PLASTIC CAP (U)** into welded tube on Butterfly Frame. Slide **PLASTIC SLEEVE (V)** over welded tube. Slide entire assembly into welded tube bracket on **UPRIGHT (1)**. Insert **STOPPER PIN (AA)** into center of assembly (rounded end first), making sure the side of the **STOPPER PIN (AA)** that has a raised section is aligned with the hole in the welded Butterfly tube. Push **STOPPER PIN (AA)** into welded tube until it clicks into place as the raised section exits the hole. Assemble **1 1/2" SQUARE PLASTIC CAP (N)** into

STEP 8 ADJUSTABLE UPRIGHTS

Slide DIP BAR (20) through the top hole of ADJUSTABLE UPRIGHT (14). Align bolt holes and secure with 5/16" X 2" HEX BOLT (C) and 5/16" LOCK NUT (B). Assemble 1" ROUND PLASTIC CAP (S) into outer end of DIP BAR (20). Assemble 1" ROUND PLASTIC COVER CAP (M) onto inner end of DIP BAR (20). Slide FOAM GRIP (21) over each DIP BAR (20). Slide entire assembly into UPRIGHT (1). The BACKREST ADJ BAR (15) assembled to the bench in Step 4 is used to adjust the Incline of the BACKREST (5) and the height of the ADJUSTABLE UPRIGHTS (14) when using the Backrest in an Incline position. When the Backrest is in the flat position, the height of the ADJUSTABLE UPRIGHTS (14) can be adjusted by the use of the SMALL LOCKING PINS (Y).



WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

REPAIR PARTS AND SERVICE

IMPORTANT

BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN YOUR WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS: MODEL NO. NAME OF PART ORDERING NUMBER